DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 21st March 2012

These are your SHORTS, Please send your reports, running news & anecdotes to:

shorts@dulwichrunners.org.uk

DEADLINE 17:30 TUESDAY

– THE COMING WEEK –

Wed 21 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 – 7 for 7:15 start. Showers, Bar

Sun 25 **Richmond Park Long run details**

Tue 27 **Track Session with Steve Smythe** see below
Ladywell Track http://g.co/maps/sqrjq
pay at desk on entrance, £2.55

For previous editions of SHORTS go to:
http://www.dulwichrunners.org.uk/newsletter.html

TO SUBSCRIBE to Shorts send an email with the subject ***subscribe*** to: shorts@dulwichrunners.org.uk
An email with the title ***unsubscribe*** to the same address will remove you from the list.

Track Sessions at Ladywell

Improve your speed & strength over all distances
Tuesdays with Steve Smythe Start 7pm. – fee £2:55.
Pay at desk on entrance to track Sessions start at 7pm and are suitable for all abilities.
Location http://g.co/maps/sqrjq

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to cover the costs of hiring the club house, so please remember to pay when you sign in. Thanks. – Ros

LUCKY VEST

The March winner was Lindsey Annable

Don't forget to wear your Dulwich Runners vest for the club run on the **first Wednesday** of any month and you will go into a free draw and could win £5 in the clubhouse that evening

Vests/kit – a selection of tops is always available at

In your *SHORTS* this week !

2 Club Champs, XC Fixture List
4 Relays
5… Race reports & results
6 British masters
9 Wednesday Night Map to print
10 Marathon Training Schedule

And much more !

---------- *EVENT HORIZON* ---------

A brief look ahead

Apr 1 Paddock Wood 1/2M Club Champs
Apr 12 Assembly league , Beckenham
Apr 22 London Marathon

full fixture list & info page 2

NEW RUNNERS ROTA

Thanks to **Ros Tabor** for taking out new runners last week. If you are listed to take out new runners, please can you try and turn up that night and make sure anybody new has someone to run with. If you can't make it, please try and either swap with someone or let us know. Thanks. – **Ros**

Cameron Timmis	21/03
Sam Oyeyinka	28/03
Mick Ward	04/04
Steve Wehrle	11/04

Volunteers needed at Bromley Sports Relief Mile Sun 25th March

Some Crystal Palace parkrunners will remember Rob Drinkwater, who was Race Director for the first year of the run. He's looking for volunteers at the Bromley Sport Relief Mile on Sunday 25th March in Norman Park.

Volunteers will be provided with uniform and free food and drink. The event will enable 1000+ local people take part in 1, 3 or 6 mile events. Please speak to **Jane Harbage** if you are interested in volunteering on **07841 575235** or visit

http://my.sportrelief.com/search/event/result?id=1115 for further details.

Wednesday Running Maps

On page 9 in SHORTS you will find a copy of the map for this weeks runs.

Although there will still be some available at the clubhouse , it would help if you can print your own copy and bring it with you.

If your map is still in one piece after the run please don't throw it away as they can be used again, just leave them in the clubhouse.

Help needed for stretched women's captain!

Kim needs some short or long term help for women's captain duties during 2012 whilst she's studying.

If you are interested please contact Kim at dulwich.womenscaptain@yahoo.co.uk

SWEATSHOP DISCOUNT VOUCHERS

Sweatshop Clapham is offering club members a 20% discount on all its product range.

This will be available at its Clapham store in Voltaire Road until 14 April. Vouchers will be available at the club on Wednesday nights

DULWICH RUNNERS 2012 CLUB CHAMPS

The races comprising the 2012 club champs have now been selected. Dates for some of the races are provisional, based on this year's dates, and will be confirmed once information is available.

There are 8 events split into short and long categories. To qualify it will be necessary to complete a minimum of five events. – ***Mike Mann***

ASSEMBLY LEAGUE 2012

This year's series of Assembly League races begins in April. For those new to the club, this is a series of 6 races of roughly 5k in distance open to all members free of charge.

The races are normally held on the first Thursday of the month from April to September, starting at 7.15pm.

There are usually two races at each of three venues, Beckenham, Victoria Park in Hackney and the O2 in North Greenwich, but there are likely to be some changes this year as a result of the Olympics.

Note that with Easter falling in the first week of April, the first race at Beckenham has been delayed until 12 April.

Update

We have now been informed that the subsequent fixtures will be held on the first Thursday of each of the spring/summer months: 3 May, 7 June, 5 July, 2 August and 6 September.

Venues are to be confirmed but it is likely that the August fixture will be held in Dulwich Park. – ***Mike***

Wednesday Apres-Run Carbo Loading !

For all you hungry runners we will be ordering fish and chips to scoff after the the run.

Cost is £5 or if you really want to make a name for yourself you can go large at £6.50.

Just give me your name by 7:10

Don't just sit there salivating…join in ! – **Ros**

CLUB FIXTURES 2011/12 - Club Champs , XCountry etc.

Date			*Event*		*Venue*
Mar	Sun	25	British Master XC Champs		Bath
Apr	Sun	1	Paddock Wood 1/2M	L	Paddock Wood
	Thu	12	Assembly League		Beckenham
	Sun	22	Marathon	L	London or alternative
May	Thu	3	Assembly League		TBC
Jun	Thu	7	Assembly League		TBC
	Fri	22	1 mile Dulwich College Track	S	Dulwich Track
Jul	Thu	5	Assembly League		TBC
	Thu	12	2 mile Dulwich Park	S	Dulwich Park
	Sun	22	Elmbridge 10k TBC	S	Elmbridge TBC
Aug	Thu	2	Assembly League		TBC
Sep	Sun	2	Dry Hill 10m	L	Dry Hill
	Thu	6	Assembly League		TBC
Oct	Sun	21	Cabbage Patch 10m	L	Twickenham

Cabbage Patch 10 has been confirmed as **21 Oct**,

2012 Club Champs races in red S=Short L=Long

Info for races i.e; location, times, etc. will be in SHORTS and announced on Wednesday club nights as and when it becomes available.

CLUB CHAMPS 2012
Paddock Wood 1/2M

The next club championships is Paddock Wood Half on April 1- online entries close March 30

Please note that you will only qualify for club championship points if you have renewed your club membership and you are wearing a club vest.

Paddock Wood Half-Marathon

Dulwich entries so far number 49 though quite a few regulars haven't entered yet though there do seem a number of members who will be doing their first ever club championships.

SM (14): S Ackroyd, C Broadbent, N Daniels. J Danko, P Devine, J Dowsett, M Galvin, J Godber, E Hill, P Hutchison, W Lashley, O Montfort, C Moody, M Williams

VM (9): G Barnes, J Brady, M Foster, P Keating, A Khandelwal, C Lound, A Patel, E Prill, D Wilson

M50 (8): B Bell, G Laylee, C Loizou, BJ Nicholls, S Street, G Sullivan. M Ward, S Williams

M60 (2): M Mann, S Wehrle

SW (10): M Allard, M Burkhart, S Cooper, M Edwards, K Hainsworth, C Quirico, A Shaw, J Shelton, A Thomas, C Wood

VW (5): L Annable, O Balme, E Ibell, C Osborne, S Rowlands

W50+ (1): C Steward

If you are intending running the Paddock Wood Half Marathon, but haven't yet got your entry in, it would be wise to do so quickly. As of today (19th.), they have already received over 2.000 entries.

I have checked with South Eastern timetables and, unlike last year, there are no major engineering problems.

The first train from Herne Hill leaves at 7.56, calling at Beckenham Junction (8.04) and Bromley South (8.10). This train does NOT stop at West Dulwich. You need to get the 7.34 a.m. to Herne Hill. The train arrives at Sevenoaks at 8.39 and you then need to get the 8.45 (across platform to 3) to Paddock Wood arriving 9.02 a.m. 3 minutes walk to Eldon Road and start. If coming from Orpington, you need to get the 8.33 (1st train)direct to Paddock Wood.

The Elm Tree Pub, 2 miles out on the run (but only a mile from the finish) does excellent Sunday lunches and good beers but you need to book on **01892 832226**

www.elmtreeinn.co.uk

If driving, there is alternative and substantial parking at the station car park on the other side of the railway bridge (£1 on Sundays). Have a great run. - **Ron Searle**

Guys, Gals and creatures of the forest.

I bring forth to you light in the face of pain, sweat, tears and hopefully the odd pb or two. Our great leader Ronathan has suggested booking a few tables at the Elm Tree Inn for a recovery roast following the **Paddock Wood** half marathon on 1st April.

If you're doing it and want to uncover the magical powers of middle earth following the great battle that is to be....then simples, just let me know. Suz.

My email is Susan.cooper@hsbc.com

Kent Grand Prix and Surrey Road League and Championships

Dulwich Runners compete in both the Kent Grand Prix and the Surrey Road League. Competing in these races earns points for the club in these leagues. Some of the races (marked below with *) are also designated as the county championship race for that distance.

Note that some of these are popular races and can fill up early. For more information on these, including qualification for the championships, see:

Kent: http://www.kcaa.org.uk/road%20races.htm#prov

Surrey: http://surreyathletics.org.uk/road/league/index.php?Y=2011&O=R&S=2012

"**Further update: As well as the Wimbledon 5k being moved to Saturday 11th August to avoid clashing with the Olympics Men's Marathon, the Dorking 10 miles has been moved to Sunday 10 June to avoid upstaging some other celebration. The Richmond Half is officially full, but a few places have been made available for members of Surrey clubs. Contact me for details. - *Charlie Lound* *chas.lound@btinternet.com***

Kent Grand Prix and Championship Races

6 April	Folkestone 10 *
15 April	Darenth Valley 10k
20 May	Larkfield 10k *
2 June	Harvel 5
22 July	Dartford Half
2 September	Kent Coastal Marathon *
14 October	Maidstone Half

Surrey Road League and Championship Races

6 May	Richmond Half Marathon *
13 May	Sutton 10km
10 June	Dorking 10 miles *
24 June	Richmond 10km *
14 July	Elmore 7 miles
22 July	Elmbridge 10km
11 August	Wimbledon 5km *

Dulwich lie 14th after 2 races in the Kent grand prix (Canterbury 10, Thanet 20) in both men and women's events - full results in spreadsheet sent with SHORTS

RELAYS UPDATE

Good news on the relays front. We have entered 6 teams of 5 for the 1066 Relay and have just heard that our applications to enter 2 teams for the Green Belt Relay and one for the Welsh Castles Relay have been successful. We will be organising teams and stage allocations shortly, so those of you who have put your names forward will be hearing from us soon.

The Green Belt relay remains popular among club members and we have the luxury of being over-subscribed. This means that some of you will be placed on the reserve list that we will draw on in the event of withdrawals through injury etc. For the other two relays, it looks like pretty well everyone who has put their name forward will get a run. *The Relayers Team*

South of England Six stage Relays

This weekend Dulwich will hopefully field a strong team in the South of England women's six stage relay at Milton Keynes. Likely runners are Clare Elms, Debbie Nicol, Shona McIntosh (2:47 marathoner making club debut), Charlie Wood, Ola Balme and either Nicola Richmond or Kim Hainsworth.

The British Masters Relays are at Sutton Coldfield on Saturday May 12

In the past we have won both the W35 and W55 events and come in the top 10 in both M35 and M50 races.

Potentially leading runners are
W35: Andrea Pickup, Emily Gelder, Nicola Richmond, Emma Ibell, Angela Oritsejafor, Claire Tinker etc, plus W45s?
W45-54 (3): Clare Elms, Ola Balme, Angie Norris, Clare Wyngard, plus W55+?
W55+ (3) Ros Tabor, Claire Steward, Stephanie Burchill
M35 (8) Tom Marshall, Buzz Shephard, Matt Galvin, Mike Williams, Charles Lound, Jose Barretta, Paul Shackleton etc - plus M45s/M55s
M45 (6) Tony Tuohy, Dave Beaver, Chris Loizou, Duncan Hussey, Steve Smythe, James Godkin, Mark Foster, Duncan Wilson, Eberhard Prill, Mike Fulliove, Gary Sullivan etc plus M55s
M55 (4) Nick Brown, Adrian Greer, Steve Williams, Steve Smythe2, Andy Murray, Mike Mann, Neville Webb, Hugh Balfour, Ian Sesnan etc
Captains and coaches will be checking availability of leading runners.

Dulwich has six men and six women's free entries for the **BUPA London 10km on Sunday May 27** which will be the fastest and best quality 10km in Britain this year.
The fastest 6 men and women available will run for the club based on current form at time of entry closure.
Provisionally the men's 6 (Charles Lound and Ben Fairhall unavailable)will be
1 Tony Tuohy; 2 Mike Williams; 3 Tom Marshall; 4 Dave Beaver; 5 Ed Hill plus 1 other
The Women's 6 (Catherine Lee not available) would be 1 Clare Elms; 2 Charlie Wood; 3 Ola Balme; 4 Alexie Shaw; 5 Emily Gelder plus 1 other

Race Reports & Results

5km Results for March 17th

The Parkrun organisers encourage the wearing of club vests.
So if you have one please wear it and help promote the club.
Vests and other club kit can be obtained by contacting Ros
ros@28kerfield.freeserve.co.uk

Bromley

What a difference a week makes! Last week over 50 DR's, this week only 5 of us and we all seemed to be cursing in one way or another. Jo Brady for missing last week's Club Champs, Colin for posting a more competitive time than the previous week, likewise Oscar, who with Carys took 22 and 36 seconds respectively off their previous bests.

Duncan for the second successive week dnf'd making it to 4.3km this time before he was stopped in his tracks by a recurrence of the previous week's hamstring injury. Do parkrun take into account fractions of parkruns completed in totting up for the 50 teeshirt I wonder?

33	Oscar Hussey	20:03	PB
51	Colin Frith	21:17	
80	Jo Brady	22:28	
84	Carys Morgan	22:31	PB
dnf	Duncan Hussey		

Brockwell

11	Andy Murray		19:41	PB
18	Mark Foster		20:16	
21	Duncan Wilson		20:31	PB
28	Ebe Prill		20:46	
35	Jim Dowsett		21:35	
46	Graham Laylee		22:19	
57	Claire Steward	5W	22:57	
61	Anna Thomas	7W	23:04	PB
72	Ameet Patel		23:56	
123	Mark Best		30:03	

141 finished

Bushy Park

8	Dave Beaver	17:23 (PB) 1M50 – club M50 all time parkrun record

808 finished

Crystal Palace

21	Angela Oritsejafor	3W	22:11
25	Jonah Albert		22:35
28	Mike Dodds		23:03
35	Clare Wyngard	5W	23:49
40	Jane Harbage	6W	24:36
47	Ruki Sidhwa	7W	25:26
82	Chris Vernon		33:58

88 finished

Valentines, Redbridge

2 Steve Smythe 19:41 (1M50) (course debut)
73 finished

Bromley Vets 5 (.25) mile XC 18/3/12

It's been about two years since I've been to a meet at Sparrow's Den. Pity, as it's quite a nice course on the whole, through the woods. The weather was superlative, and only began to turn not too long after we finished. It's a shame one other DR wasn't there, as we would have had a team.

The old pins weren't feeling too fresh after the previous day's 16 mi, but I managed to pass two men in the same place, at the top of the 2nd climb, one on the 1st, and the other on the 2nd lap.

The 2nd guy pushed me all the way for the remaining 3/4 lap, and only finished 4 sec ahead of him. Short spikes was a good call. Colin said he struggled on the muddy downhills.

A can of The Black Stuff, and free cakes were a nice surprise. – **José**

6	José	35:45
22	Colin Firth	41:16

1st 31:39

British Masters Championships
Lee Valley, March 17/18

There were 7 medals for the Dulwich Runners.
Ros Tabor got beaten in the W60 1500m but it took a world W60 record to beat her. Nancy Hitchmough won in 5:17.93 but Ros's 5:43.93 for a clear second while slower than last year was her best ever age-graded 1500m with a huge 94.91%.

In the 3000m Ros took W60 gold and her 12:04.33 as she tried to hang on to a couple of younger W55s was deemed her second best ever age-graded performance, earning 94.85%.

Clare Elms also suffered a rare defeat but it was to former international and current overall National Masters cross-country champion and Southern senior medallist Lucy Elliott, who is three years younger.

After a slowish first few laps, Elliott kicked ahead and Clare, who made a late decision to compete after further problems with her foot injury followed her but had to let go in the last 400m but still ran a respectable 4:43.35 (slightly up on Ros's age grading with95.21% as Elliott was a second outside Clare's British record.

Clare came back the next day and she easily won the W35/W45 800m after a slow first lap she ran a respectable 2:24.21 with a sub-70 last 400m.

Mike Mann was also a multi medallist but he won three medals. He ran an excellent 1500m to finish third but take silver as Irishman Pat Timmons was ahead, and run a quicker time than he managed outdoors all last year as he outkicked rivals Ian Snow and Ken Daniel.

In the 800m though he didn't react quite as sharply and just lost out by half a second to Ed Connolly, who he beat last month and Snow and had to take bronze. His 2:29.71 time was again quicker than he managed outdoors last year.

Not long after, Mike lined up for the 3000m. Well behind World M60 5000m champion David Oxland and double Olympian and Commonwealth silver medallist Nick Rosewho fought a great battle for gold, Mike ran a well paced run and finishing well to pip Timmons, who has beaten him in all his previous BMAF clashes and take M60 bronze.

Tony Tuohy couldn't quite match his double medal winning performances of 2011 after his injury problems. First in the 1500m, he started far too fast and struggled on the second half and lost a few places but ran a respectable 4:34.47. The next day's 3000m, Tony was on target for 1000m and battling for third but couldn't quite hold on over the second half but still ran a respectable 9:40.59 for fifth.

W45: 800m:	1	Clare Elms	2:24.21
W45: 1500m:	2	Clare Elms	4:43.35
W60: 1500m:	2	Ros Tabor	5:43.93
W60 3000m:	1	Ros Tabor	12:04.33
M45 1500m:	6	Tony Tuohy	4:34.47
M45 3000m:	5	Tony Tuohy	9:40.59
M60 800m:	3	Mike Mann	2:29.71
M60 1500m:	3	Mike Mann	5:02.48 (silver)
M60 3000m:	3	Mike Mann	10:46.19

Steve Smythe

DUNSFOLD AERODROME, TEMPEST 10, SPITFIRE 20

Three of us did the 10 mile race which started at the same time as the 20 but was only one lap. Lindsey and I ran most of it together and she was very pleased to knock many minutes of her 2011 time!

I managed to run my fastest 10 for 3 years, which I believe due to the fact that more of the course seems to go down than up, so this is a seriously good course for getting PBs !

Winner was Gilbert Grundy from Woking in 55m 23s

75	Steve Wehrle	1h 23m 25s
77	Lindsey Annable	1h 23m 31s
115	Paul Keating	1h 27m 14s

225 ran

The 20 mile race had a much bigger field with the winner, nick Torry doing 1 hour 51mins.

cheers - **Steve Wehrle**

Spring Spitfire 20 & Tempest 10 – 18 March 2012

Claire Steward writes: The race 'HQ' is at Dunsfold Aerodrome, the disused airfield now famous as the circuit used by the Top Gear crew as they hurtle round having enormous fun under the pretext of making a BBC TV series.

Despite this being my fourth time at this biannual race, and best efforts by Paul, Anna and Clare looking out for road signs, we still managed to take a wrong turn through Guildford, and arrived at the car park with barely 20 mins to collect our numbers and chips, join the inevitable Portaloo queue and make our way to the start. Everyone sets off together; the first 3 miles are within the aerodrome, before heading out into the country lanes and looping back to the finish for the 10-miler and repeating the circuit for the 20.

For once the weather was kind, even sunny at times, and after setting off slightly too fast I found my rhythm and enjoyed the now-familiar course. I felt a pang of guilt having told the others that it was 'undulating' as some of the undulations were bigger than I remembered. The warm weather inspired Harry to come out on his (motor)bike and he appeared and reappeared like the Cheshire Cat around the course with words of support.

At the start of the second lap I slowed a little to chat to a Dulwich Park Runner until I realised that I should get a move on and back out on the road Steve drove past having completed his ten miles, heading off for Sunday lunch. I was well-pleased to get my fastest time on the course and subsequently to realise it was a PB! Paul was at the finish having achieved his aim of a steady 10 miles after being unable to get much training over the past two weeks, and Lindsey's 10 was a huge improvement over her previous time.

I missed Anna's finish while I went to retrieve a warmer top but saw Clare looking comfortable and both were happy to have completed the race with negative splits and felt the marathon distance was now less daunting. Barry John was unlucky to miss his 3-hour target but quicker than last year. New member Paul Devine confused us by finishing after me but he recorded a faster chip time having missed the start be a few minutes.

Spitfire 20

Winner - 1:51:42	Chip	Gun
195 Paul Devine (started late!)	2:33:13	2:37:22
163 Claire S 2FV55	2:34:14	2:34:39
275 Anna Thomas	2:45:06	2:46:17
315 Clare Quirico	2:48:43	2:49:44
478 Barrie John	3:01:09	3:01:32
811 Final finisher	4:56:11	4:56:54

Tempest 10

Winner - 55:23	Chip	Gun
75 Steve Wehrle	1:23:26	1:23:41
77 Lindsey Annable	1:23:31	1:23:54
115 Paul Keating	1:27:14	1:28:28
225 Final finisher	2:02:35	2:02:32

Spitfire 20 & Tempest 10 18th March 2012

Lindsay Annable writes… This race is one of the few that offer a longer and shorter distance at the same time meaning both Barrie and myself could participate. We entered some time ago and I had a battle to delay some work in Jakarta by a day in order to be able to make to the race.

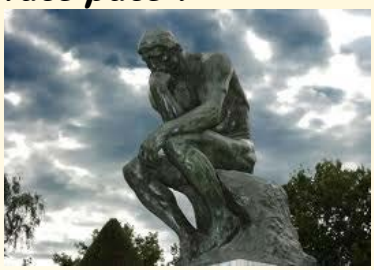
The race takes place in an old airfield where they film Top Gear so it's a rather unique venue. It was great to see other DRs who were attempting the 20 or the 10. There were just three of us who were doing the 10 – myself, Steve and Paul. The 10 miles follows one lap of the course whereas the 20 doubles up. The first three miles are fast as they loop around the airfield and then the rest of the course undulates following country roads outside the airfield.

Last year had been very cold, grey and wet so it was a welcome change to start under blue skies and in sunshine. I started off gently not sure how I would fare over the ten miles. I caught Steve after mile 3 and we ran together until about 7.5 miles. I then slowed to take on some water at which point Steve made a tactical surge and shot off, no doubt his marathon endurance kicking in well. I was really pleased, though, to go quicker than since 2006 and about six minutes faster than last year. It was good to see Paul running in the race, who despite a tough week, took the race steadily and achieved a highly creditable time to boot.

Barrie had a good run in the 20 to come in three minutes faster than last year. Again he found the going tough after 18 miles particularly with the many inclines on the course and rather sparse support. Nonetheless a big thank you to Harry who drove down on his bike to support us all and appeared at various points on the course, even staying to cheer on the 20 milers for their second lap. Barrie had also done the parkrun the day before so was pleased to double up on a short and long race.

We didn't linger at the airfield, as I had to head home with an evening flight to catch – on a rather more modern plane than those stationed at the airfield thank goodness!

Marathon Day Dreamer is back or *How do you select the perfect running race pace ?*



Day Dreaming a PB

I'm known as a BIT of a day dreamer. Famous for coming up with ideas, but with little time for execution or follow through. Hey, someone else can take care of that side of things. Much better to read another copy of Runner's World about how I am going to eat superfood smoothies and run PBs and then patent my own methodology, *"Ajay's Day Dreaming Running School: How to get a HUGE pb with absolutely NO EFFORT."* Pretty hopeless all round really.

Whilst that I may muddle through club life like that (wouldn't be possible without all those steadfast dulwich runners who have shared their maps, lifts, gels, and training plans over the years...), the problem with this running lark is eventually you get found out. I remember last summer I pulled out of a club championship 2 mile race, after 1 mile.

Not really very good form, eh? I looked around and pretended to limp, but it was too late. I had been spotted. Alexie said, "***Man, you can't really get lower than that. You are a dog, a subhuman! I can't believe people like you even EXIST. You are a disgrace to the club, take of that vest NOW! How do you sleep at night? I spit on you. Move away quitter! At least the shame and humiliation will help you mount a come back and redeem yourself!***."

Well she was pretty upset! But showed a little optimism too - she was assuming I had some sort of running ego or ethical system, but frankly, I was just embarassed to have been caught.

Day Dreaming and the Perfect Marathon Pace

Sadly, I haven't changed that much! I am now on my day dream taper - where I will get faster by imagining it so. Well, I think that works for some people, who really imagine they are running (I mean Tony Touhy imagining to run - I don't think its relaxing experience...it must hurt) , but I don't think the day dreaming mind can get you a P.B!

My goal this year was to run 3.45, but in my head I've been thinking, "**maybe I can run 3.29**".
The conversation goes:
Day dreamer Ajay, "***You could do 3.29, on a sunny day, with the wind behind you, and a little bit of inspiration on the day...yeah just follow the pacer at 7.57 and you're away...***"
I find these murmurings quite persuasive, until the collective lore of dulwich speaks,

Spirits of Dulwich Runners say, "***Many a runner has tried to run with their heads, but you will need to run with your feet. You haven't done the mileage, you haven't done the track (Steve Smythe voice over at this point and shaking furniture) You will be in bits at mile 22. You will cry. You will look like a complete fool. Look at Ed Wallace, he got to mile 20 in 2.20, and finished in 3.45...there are many more like that. Day dreamers beware***."

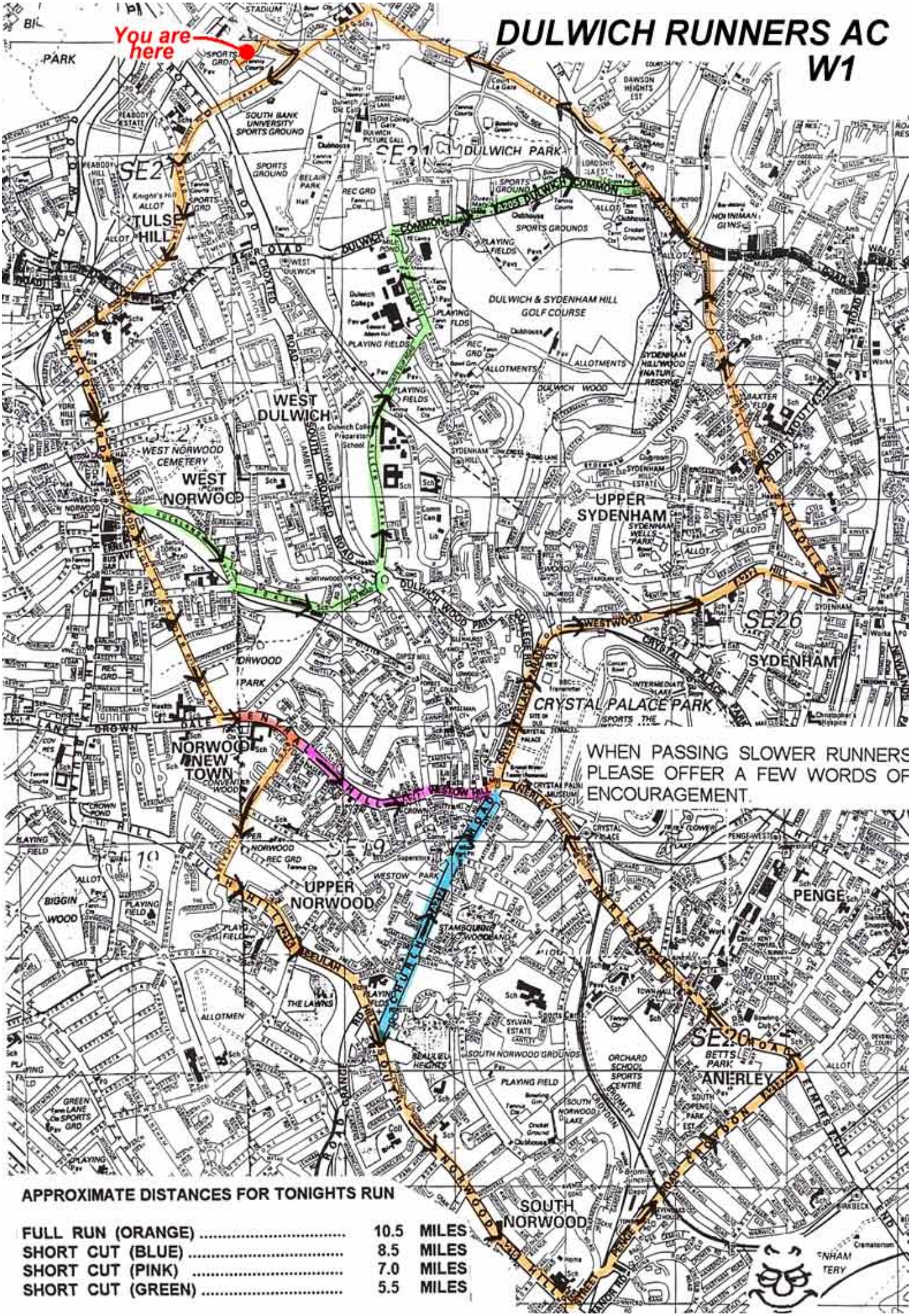
So, after some rumination, I've decided that I will marry the day dreamer and the spirits in a running synthesis. For the first 24 miles I will run with the 3.45 pacer (8.30), ensuring I am structured and disciplined. For the last two I will wave my hands around wildly and sing and dance and run as fast as my legs can carry me.

That way I don't have to gamble, can show respect to Dulwich lore, and get at time of 3.44. It also means that Alexie has to run 2.59 or less to win our bet (that she can beat me by 45 minutes). Haven't heard from Alexie recently, I don't know if she's forgiven me for pulling out of the 2 mile club champs (2010) yet...but if your reading Alexie, would be good to have a write up from you on how your training is going....

Advice from the great and the good of Dulwich

If any of the wise folk have any tips on pace let me know. My vital stats are 3.57 Brighton 2011; this year 72 minutes Sidcup 10; 1.39 Tunbridge Wells half, 2.42 Thanet 20, 21.05 Bromley 5km
I'm planning to do 8.30 miling this year...but should I do 8.15, or 8.00 miling? Or do I just stick to the plan above...? Email your answers to ninderajay@hotmail.co.uk...and the best answers will feature in next weeks column.

DULWICH RUNNERS AC
W1



APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN (ORANGE)	10.5	MILES
SHORT CUT (BLUE)	8.5	MILES
SHORT CUT (PINK)	7.0	MILES
SHORT CUT (GREEN)	5.5	MILES

SUNDAY RUNS, RACES & REPS

Preparation for London Marathon 2012

(Provisional – dates and events subject to change)

Includes: middle and long distance multi-terrain / road races

Cross Country (XC) Fixtures on Saturdays

Sunday runs at High Elms, Mile repetitions in Dulwich Park

Weeks to go!	Date	Event / Distance	Information
4	25 Mar	Richmond Park – Bushy Park 22m	09:30 Roehampton Gate
3	**1 Apr**	**Paddock Wood 1/2m**	**CLUB CHAMPIONSHIP**
2	8 Apr	10 x 1m reps	Dulwich Park 09:00
1	15 Apr	Easy 10m or Thames Towpath 10	High Elms 09:00 http://www.west4harriers.com/TowpathTen
Zero	**22 Apr**	**LONDON MARATHON**	**CLUB CHAMPS – MARATHON**

Dates in bold are club and or club champs races including XC champs

Club Champs Mile reps Long runs

The traditional Sunday Dulwich Park runs start at or 09:00 0930 for longer runs for marathon preparation
For a more rural run, meet up with members of Orpington and Blackheath Clubs, 'HEROS'
High Elms Runners on Sunday starting from High Elms at 09:00
For more information contact Steve Wehrle or Claire Steward
For XC events, contact the XC Captains for further details
Suitable for; 3:15 – 3:50 time – long runs with Claire
3:50 – 4:30 – long runs with Steve

for further information or questions contact steve.wehrle@immediatemedia.co.uk

HI ALL
One month to go until the London Marathon!
To all of you marathon runners and anyone else who fancies a long run in a different area.
Next Sunday, 25th March we will run from the Roehampton Gate car park of Richmond Park , leaving at 0930 for runs up to 22 miles.
Virtually all of the route is off road, taking in Richmond Park/Thames towpath and Bushy Park.
Meet in the car park at 0920.
PLEASE REMEMBER THAT CLOCKS GO FORWARD SATURDAY NIGHT
Hope to see you all there, I will provide maps on the day
Cheers- Steve Wehrle

John Turner (ex Dulwich Park Runner) writes:
Peter Rogers and myself are running from John O Groat's to Land's End to raise £10,000 + for the Cure Parkinson'sTrust. We will be running 30 miles a day for 29 days in a row ,starting 23rd April to finish on 21st May.

We are in the depths of training now with just 5 weeks to go tomorrow. We ran 4 hours yesterday and 3 hours today, making a total of 18 hours this week. We are in fairly good condition but a bit tired and achy.

What we hoped was that some of your members would be interested in the run and some would love to sponsor us. A couple of weeks ago, it was 30 years since i started running and I have known many Dulwich Runners for most or all of that time.

Peter has created a great blog-site and I have done the schedule.....and we have both done the training.
If people would like more info.or to follow us :
www.offexploring.com/jogler

I wish all Dulwich Runners a fit and healthy 2012 and special regards to Ros Tabor,Ron Searle,John Tymukas,Steve Wehrle,Ian Sesnan and Steve Smythe.
Thanks in advance....John E Turner and Peter Rogers....Blackheath Harriers and ex-Dulwich Park Runners....